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MARCH 2021

ALL EARS
THE BEST HEADPHONES EVER!

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SOCIAL DISTANCING
IS HARD AND A GUY'S GOT TO EAT

INSIDE
THE WORLD OF PODCASTING

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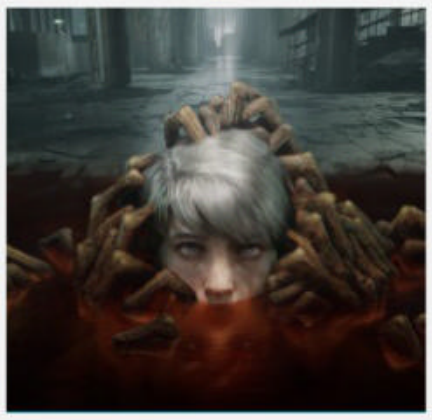

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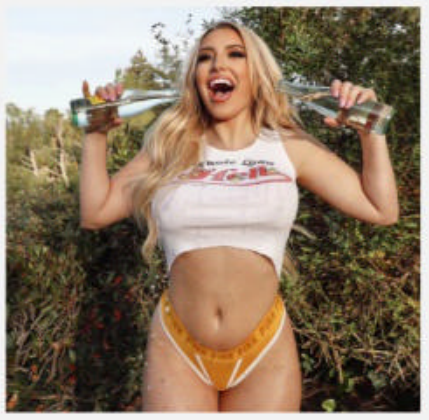

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PODCAST

YOU SHOULD LISTEN TO RIGHT NOW

Podcasts have become a worldwide phenomenon, and 2021 there are over 850 000 active podcasts available. Everyone and their dog has a podcast these days and as a newbie to the world of podcasts one might feel overwhelmed with choices. Fortunately, we have a list of the best podcasts you can listen to right now.

FAKE DOCTORS, REAL FRIENDS

Back in the 2000's Scrubs was a medical sitcom that combined over-the-top humor with some heart-wrenching moments as you followed the lives of a handful of interns as they faced the challenges working at a hospital would bring. Two of the main stars, Zach Braff and Donald Faison met at the initial table read and became lifelong friends thanks to the show. Now ten years later after the last season aired, the two best friends started a podcast reliving every single episode from the celebrated series. Naturally, their rapport as podcast hosts is second to none and each episode gives listeners a window into a showbiz friendship, as well as behind-the-scenes anecdotes about the show. With some big name guest stars featuring on various episodes, Fake Doctors, Real Friends is a must for any Scrubs fan but also highly recommended to anyone with an interest in how a situation comedy comes to life.

THE ADAM BUXTON PODCAST

For fans of British humor, The Adam Buxton Podcast is a must listen, thanks to Buxton's calm demeanor and excellent interviewing skills. From celebrated names like director Paul Thomas Anderson to best friend and world-famous journalist Louis Theroux, Buxton allows his guests to tell their stories in a comfortable and relaxing environment. Most episodes start with Buxton introducing the show while taking his beloved dog Rosie for a walk, it sets the scene for what's to follow and one truly feels like Buxton and guests have a fondness for each other. Also unlike most recent podcast releases, The Adam Buxton Podcast respects one's time, with keeping each podcast to "one sitting" time length, unlike some of the 4-hour epics recent famous podcasts have become known for. If you're a fan of British humour and just the British lifestyle in general, take a trip with Adam Buxton and friends.

THE JOE ROGAN EXPERIENCE

Arguably the biggest podcast in the world right now, former TV host and UFC commentator Joe Rogan has cemented his place as the king of podcasts. Originally started in 2009, the podcast has grown to over 190 million downloads a month and has seen music streaming service Spotify sign an exclusivity deal with Rogan. The podcast has been described as "an important node of the intellectual dark web" and has featured a diverse ideological mixture of political guests including Democratic presidential candidates and conservative figures. The show itself has featured a plethora of guests ranging from Kanye West, Elon Musk to Oliver Stone. Although the podcast often comes under fire, claiming that Rogan sets the stage for various undesirable opinions without fact-checking, the show itself is still a fascinating listen. Just don't take everything Rogan says as gospel.

MY FAVORITE MURDER

There are arguably more True Crime podcasts out there at the moment than actually crime, with every Tom, Dick and Harry having a show about some gruesome true crime drama. Serial started the trend and it's grown to obnoxious levels ever since. So what makes My Favorite Murder any different from the millions of other true crime podcast? Firstly, Forbes placed hosts Karen Kilgariff and Georgia Hardstark second only to Joe Rogan on their inaugural list of the highest-earning podcasters and it's not hard to see why. A simple format, each of them talks through a murder, disappearance or other real-life nasty occurrence each episode, combined with openly scattergun research (Forensic Files, Wikipedia and old true-crime forum posts, mostly) give the podcast a hilariously unpredictable feel. There's too much true crime in podcasting, but if you're going to listen to the genre, listen to the best.

BEHIND THE BASTARDS

Looking back at 2020, one realised that the world is filled with some horrible bastards, yet it's not exclusively tied to our generation. There's a reason the History Channel has produced hundreds of documentaries about Hitler but only a few about Dwight D. Eisenhower. Bad guys and gals are eternally fascinating. Behind the Bastards dives past the Cliff Notes of the worst humans in history and exposes the bizarre realities of their lives. Listeners will learn about the young adult novels that helped Hitler form his monstrous ideology, the founder of Blackwater's insane quest to build his own Air Force, the bizarre lives of the sons and daughters of dictators and Saddam Hussein's side career as a trashy romance novelist. Behind the Bastards is a fascinating podcast that reveals the hilarious and often horrifying stories behind the world's worst human beings.

THE EMPIRE FILM PODCAST

Empire magazine has long been seen as the premium go-to magazine for movie lovers. Featuring in-depth analyses on the latest blockbuster features to revealing behind the scenes stories of your favorite director or actor. The podcast is no different. Released every Friday, The Empire Film Podcast features Chris Hewitt, James Dyer, Helen O'Hara and a rotating fourth host discussing the latest movie news and nonsense, while also reviewing the week's new film releases and answering your listener questions. All served with a hearty side-order of anarchy and an incredible roster of weekly guests from among Hollywood's best and brightest. A particularly amazing recent episode featured Shaun of the Dead director Edgard Wright discussing his love of cinema with acclaimed Pulp Fiction director Quintin Tarantino. It's a 3-hour tour de force for any fan of cinema.

THE INFINITE MONKEY CAGE

This scientifically named podcast about science is one of the most entertaining and informative science podcasts available right now. The Infinite Monkey Cage is a witty, irreverent look at the world through scientists' eyes hosted by acclaimed English physicist and former keyboardist for 80's rock band Dare, Brian Cox and English comedian, actor and writer, Robin Ince. The pair have a fantastic report and often little digs at each other if always hilarious. The podcast itself often features Nobel prize winners, astronauts and the world's leading scientists as they discuss topics from the fundamentals of reality to the human brain. Always entertaining and highly educational, The Infinite Monkey Cage is highly recommended for anyone fascinated by science.

LORE

Winner of the iTunes "Best of 2015" & "Best of 2016", and winner of "Best History Podcast 2016" by the Academy of Podcasters, Lore is an award-winning, critically-acclaimed podcast about true life scary stories. Lore exposes the darker side of history, exploring the creatures, people, and places of our wildest nightmares. Because sometimes the truth is more frightening than fiction. Each episode examines a new dark historical tale in a modern campfire experience. Lore also made the jump to an Amazon exclusive TV series, but sadly could not capture the magic of the podcast.

TALK IS JERICHO

Chris Jericho is seen by many as the most successful wrestler of our time, be it in the WWE or the newly created AEW. A chameleon that constantly reinvents himself not only in the squared circle but also as a rock musician. He's a multiple world champion pro wrestler, lead singer of Fozzy, and a New York Times best-selling author. Listen in as Chris Jericho interviews some of the biggest names in wrestling, entertainment, comedy, and the paranormal. Don't miss his unique, engaging, weekly take on all things pop culture. You don't have to be a pro wrestling fan to enjoy Talk is Jericho. The host oozes charisma and his often hilarious and brutal takes on current affairs is a breath of fresh air in a sometimes stale and PC world of podcasting.

TALKING SIMPSONS

It's hard to believe that The Simpsons, a cartoon started in the late 80s, is still going strong today. It's the longest-running show in television history and there seems to be no end to the adventures of Homer and co. With 32 seasons already under its belt, one could be forgiven to be slightly intimidated by the amount of Simpsons episodes out there. That's where Talking Simpsons hosts Bob Mackay and Henry Gilbert step in. Started in 2015, the two Simpons super fans explore each and every single episode of the world's most famous cartoon. Going in-depth into the history of each episode as well as reviewing the often good and sometimes bad of the Simpsons's family. It's a fascinating look into the history of the series and the love these two have for the famous family oozes through the headphones.

WTF WITH MARC MARON

Seen by many as the man that started the whole podcast craze, WTF with Marc Maron was one of the first podcasts to truly hit the big time. At the time a struggling comedian and recently recovered alcoholic Marc Maron entered the podcast life out of necessity and curiosity. Started in 2009 his show has grown to one of the biggest and most well known podcasts in history. The show itself welcomes comedians, actors, directors, writers, authors, musicians and folks from all walks of life to his home for amazingly revealing conversations. Marc's probing, comprehensive interview style allows guests to express themselves in ways listeners have never heard. He also holds the honor of being the first podcast to host a sitting President of the United States, Barack Obama in 2015, an event that grabbed international headlines. The podcast is filled with humour and often heart wrenching stories that gives the podcast a human feel, something a lot of overproduced podcasts struggle with.

99% INVISIBLE

The name of the show was derived from a quote by Buckminster Fuller that, "Ninety-nine percent of who you are is invisible and untouchable." The goal of the show is to expose the unseen and overlooked aspects of design, architecture, and activity in the world. Each episode generally focuses on a single topic or specific example of design, often including interviews with architects, experts, or people who have influenced or been influenced by a given urban, industrial, graphic or other design. With over 500 million downloads, this unique take on design and the world of a designer is a fascinating listen to anyone with even the slightest interest in the wondrous nature of design.

WITH GOURLEY AND RUST

Ah must listen for fans of the horror genre. Podcast producer and host extraordinaire Matt Gourley is joined by good friend and fellow actor Paul Rust as they dive deep into the classic horror movies of our time. Described by the two friends as an easy listening, cozy-cast about slasher films and horror franchises, With Gourley and Rust takes an interesting walk down memory lane with classic franchises such as Nightmare on Elm Street and Friday the 13th, exploring what makes each movie great and not so great. Unlike other podcasts in the same genre, With Gourley and Rust feels like two friends having the time of their lives as they discuss their favorite movies.

Shannon Marie

Model @missshannonschwartz
Photography by Bayly Buck | @baylybuckphotography
HMUA Karen Garingo Salon 808

FHM

Happy to have you featured on FHM! Tell us what are some of the glowing you did to prepare for this shoot? I did hot yoga in the mornings and evening for 2 solid months to get my body in top shape , ice baths at night for healing my muscles, and took excellent care of my hair and skin so I was glowing.

You've got an amazing figure and beauty about you, we're keen to know what you would say is your favorite physical feature about yourself and why? Lips, their big and full naturally.

Being a glamorous model must have it's perks, what are some of your most memorable experiences in your career? Going to the playboy headquarters in LA for my test shots to get into the magazine (which I did 2x)

What would you say sets you apart? My heart..

On the topic of men, what were the complete best, and worst first impressions you've got on a first date? Not really the dating type.. Relationships of any kind in my life are all very important to me and equal. Friendships are my main priority not a label of dating anyone..

What would you say is the most surprising thing about you that not many people know? I am known to be a straight edge ,stay at home, in bed early kinda gal..

If you had to choose, would you say money and wealth determines success, or is it one's personal achievements and happiness? My idea of success is not the amount of money I make or material items I have , it's the personal relationships I have with my loved ones and family that means everything to me!!!

On a more personal level and in an ideal world, where do you see yourself in five or ten years; time in terms of family, career and life in general.? I see myself in a serious relationship with someone I love and starting a family with them .. I really want a baby girl and to be a mother..

What motivates you the most to keep on doing what you do? Finishing my list of goals. FHM was one of the top but last few goals I had in mind for many years..

Any final words to our readers on what to expect from you this year? After facing so many challenges in my life I try not to think so far ahead . I prefer to live in the moment but certainly know good things are coming to me this year personally and in my career. Stay Tuned.

The Gaming Headphones You Need Right Now

With many of us trapped at home due to the ongoing global pandemic, the need to escape the annoying family member or nagging spouse has never been greater, so the need for good headphones is more essential than ever.. And as a gamer it's vital that you game with the best audio and mic quality as you get owned by a fouled mouth 12 year in Fortnite. Luckily we have a list of the best headphones you can get right now for your PC or console.

SteelSeries Arctis 7P/7X

Probably the best gaming headphones on the market right now, the SteelSeries Arctis 7P/7X offers great sound, consistent wireless performance and a comfy, attractive design at a very reasonable price. The headset's 2.4-GHz wireless connectivity allows for an uninterrupted experience without any lag or interference. And unlike some other premium headsets on the list, these sets of cans work on practically any console or device thanks to its USB-C dongle and USB-A adaptor. So you can easily jump from your PC to console to phone with ease. The microphone offers a clear channel so your online friend can hear you clearly and the 24-hour battery life makes this one of the best wireless headsets on the market today.

Logitech G Pro X

Mostly known for their keyboards and mice offerings, Logitech has really stepped it up with their gaming headphones recently and the G Pro X is their best set yet. At a very affordable $130, you get a sleek design with excellent audio quality. Featuring next-gen 7.1 surround sound and PRO-G 50 mm drivers for amazingly clear sound imaging, this set of headphones is market leading when it comes to sound quality. The mic quality is also some of the best we've tested and voice chat is extra clear. The G Pro X delivers rich, direction-accurate sound out of the box whether you're playing on PC or console. However, as sleek as the design is, it might not be the most comfortable for some people. Definitely test the fit out before buying.

HyperX Cloud Stinger

One of the cheaper priced options on the list, the HyperX Cloud Stinger offers amazing value for money. At only $50, these wired headsets deliver solid audio quality and decent microphone performance. For a cheaper model, the design is incredibly comfortable and can be worn for hours without any discomfort. The frame is incredibly lightweight and the soft, faux-leather earcups will sit comfortably regardless of head shape. This is of course a wired headset and the wireless option will put you back $99, yet if wires don't bother you then the HyperX Cloud Stinger is incredible value for money.

Turtle Beach Elite Atlas Aero

The Turtle Beach brand has become synonymous with gaming headsets, often delivering great value and excellent audio quality and the Elite Atlas Aero is no exception. Ideal for PC gamers, this headset offers a comfortable and highly-customizable experience. Specifically designed to play with glasses, these cans are incredibly comfortable, allowing for long gaming sessions without suffering headset fatigue. The Aero's 50mm speakers sound great out of the box, and it comes with a solid noise-cancelling microphone to boot. Factor in a long 30-hour battery for PC and PS4 and an included 3.5mm cable for use on any other device you own, and the Aero is one of the most versatile wireless gaming headsets out there.

Razer Blackshark V2

This latest wired offering from Razer might just be their best yet. This mid-range wired headset provides fantastic sound for both games and music, particularly thanks to its innovative THX profiles. The famous film audio company has lent its expertise to make the Blackshark V2's surround sound realistic and nuanced, especially for a handful of games like Apex Legends and Sekiro: Shadows Die Twice, which have their own optimized profiles. Unfortunately as nice as the THX offering is, not many games support it so it does feel like a missed opportunity. With 50mm drivers and a frequency response of 12 Hz - 28 kHz, this sub $100 headphones delivers a powerful audio experience. Although the earcups themselves are comfortable, the design itself does not really offer a comfortable fit for certain head types.

LucidSound LS50X

This Xbox exclusive headset is a no brainer if you're a fan of the green brand console. This pro headset allows for super fast connectivity to your Xbox, be it the One of the new Series X/S consoles. Build quality is first rate, the sound is superb, and there's Bluetooth connectivity too, for attaching other devices. The battery life is a standard 20 hours and will allow for long gaming sessions, with the added bonus of a really comfortable fit. There's a flexible, removable boom mic, with the ability to cancel out background noise and echoes, plus five EQ modes to pick from. Your Xbox games will sound better than ever with this premium headset.

Sony PS5 Pulse 3D

If you're one of the lucky few in the world to own a PlayStation 5 then Sony's official PS5 headset is a must have. Sharing the same design and aesthetic that the PS5 and its accessories have, the Pulse 3D headset maintains a subtlety in its form, there's no extruding boom mic, and all the tech is discreetly hidden. This wireless headset was specifically designed to take advantage of the PlayStation 5 and the few games we've tested sounds incredible. The PULSE 3D wireless headset has been specifically tuned to deliver the 3D Audio made possible by the PlayStation 5 console. Powered by Tempest 3D AudioTech, the PS5 console can put you at the centre of incredibly immersive soundscapes where it feels as if the sound comes from every direction. Take your PS5 to the next level with this amazing headset.

PLAYER

Horror has always been a staple of many entertainment genres and in recent years the horror movies have really stepped it up, with chilling flicks like The VVitch, Saint Maud and Hereditary revitalizing the beloved genre. However, good horror in gaming seems to be few and far between these days, with old school titles like Resident Evil still carrying the torch for the scare-filled genre. In steps Blooper Team's latest release The Medium, hoping to revitalize the horror scene on consoles and PC. But can the ambitious new title from the recently Microsoft acquired game studio breathe new life and scares into the format or are we stuck with another scare-less ride through horror mediocrity.

The Medium

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Dual Screen Danger

The Medium is set in post-Communism Poland in the 1990s and you play as Marianne, a spirit medium that helps troubled souls seek final respite. The troubled young woman has a recurring dream of a man shooting a young girl by a lake. While grieving over the death of her foster father, Marianne receives a mysterious phone call from a man named Thomas, who knows of her abilities. Thomas offers to explain the origin of Marianne's powers, as well as the meaning of the dream.

However, Thomas is only willing to talk if Marianne meets him at the Niwa Workers' Resort, an abandoned communist-era vacation resort in the Polish wilderness. Niwa had been shuttered by the government after the Niwa Massacre years earlier, where a large number of people were murdered and the survivors fled the area.

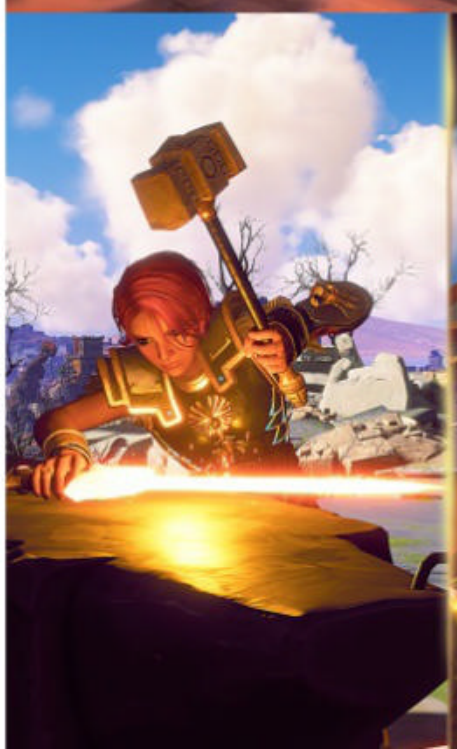
What sets The Medium apart from other games is the unique use of dual-screen gameplay, when Marianne crosses over to the spirit world, the game switches to dual screens, one showing her in the current real world and the second sees her alter ego in the spirit world. This allows for unique puzzle solving moments as actions in either world affect the other. It's a unique spin on the tried and tested formula and does offer some unique challenges and head-scratching puzzle moments. From a scary point of view, there are some genuine creepy moments and some of the visuals do add some welcome tension to the game.

All Is Not Well

For all its innovation in dual-screen gaming, The Medium does become a tad monotonous after a while. The initial scares fade away and the gameplay turns into a slow-paced puzzle solver. The story itself is interesting and a few twists and turns does keep the interest going, but one can't help but feel Blooper Team slightly missed the mark with this game. Seeing as how this is a next gen game, the visuals are a big below par and apart from the dual-screen innovation doesn't offer any jaw-dropping moments from a graphics point of view. Overall The Medium is an interesting game that falls short of being a horror great, but if you have Game Pass on PC or Xbox, definitely give it an install and check it out for yourself.

Immortals Fenyx Rising

Initially released in December 2020, Ubisoft's exciting new IP, Immortals Fenyx Rising got lost in the shuffle with the release of the next-gen consoles and some more established titles like Assassin's Valhalla and Spider-man: Miles Morales. Yet this exciting new open-world game from the open-world masters themselves is perhaps Ubisoft's best title in years and definitely deserves to be played by any fan of the Ubisoft open-world formula or Breath of the Wild fans.



Get Him to The Greek

Much like 2019's Assassin's Creed Odyssey, Immortals Fenyx Rising is based on Greek Mythology, but unlike its older Assassin's brother,

Fenyx Rising takes the seriousness of Odyssey, chucks it out the window and allows the developers to have a lot of fun with the topic. Fenyx Rising is an open-world "comedy" game featuring a cartoony open world much like the one found in Nintendo's classic Breath of the Wild and fills it with hilarious greek gods and truly fun puzzles and adventures. You play as Fenyx, a new winged demigod, on a quest to save the Greek gods and their home from a dark curse. Take on mythological beasts, master the legendary powers of the gods, and defeat Typhon, the deadliest Titan in Greek mythology, in an epic fight for the ages. Your adventure begins with an overview of the situation as narrated by the Greek gods Zeus and Prometheus, who are at odds with each other due to their heated past. As they gear up to introduce your character, the narration stalls for a moment to allow the character creation tool to kick in. It's a nice touch and flows better with the storytelling, though when it comes to the actual character creation options, they're rather limited. From there, you assume the role of your newly fashioned warrior, tasked with rescuing the gods from their banishment at the hands of Typhon. The tale is light-hearted and enjoyable, and though the comedy-heavy dialogue is hit or miss, the clever banter between Zeus and Prometheus is a highlight.

Gods Gone Crazy

Your main task as Fenyx is to retrieve the essences of four of Zeus children who have been struck down by the evil Typhon. From Aphrodite who has been turned into a peace-loving, hippy-like tree to Ares, the god of war who is now literally a chicken. Each fallen god's adventures offer unique challenges and some truly great laugh out loud moments and one can't help but fall in love with each of the flawed greek gods. As you progress through the game, Fenyx will become more powerful with various powers unlocked allowing for a constant shift in gameplay and allowing you to take on even bigger challenges.

Immortals Fenyx Rising might have flown under the radar during a busy December period, but now during the quiet months for game releases, this Ubisoft open-world comedy deserves to be played. It's a beautiful game set with a hilarious story and incredibly fun gameplay. It's a sleeper hit and arguably Ubisoft's most interesting new release in years.

Old Games on New Hardware

Whenever a new console generation comes around, gamers get super excited about the possibility of playing shiny new games on their shiny new consoles. Yet as with many new console launches in the past, the brand new games dry up very quickly as developers come to terms with the new hardware. Fortunately, with the release of the Xbox Series X/S and PlayStation 5, backward compatibility was a huge focus for both console giants and has revitalized last-gen games like never before. So while we're all waiting for Halo: Infinite and God of War: Ragnarok, let's revisit these last-gen games and see why they must be played on new insoles right now.

The Division 2

What is it?

Seven months have passed since a deadly virus hit New York City and the rest of the world, crippling the population. When the virus hit, The Division, a unit of civilian sleeper agents, was activated as the last line of defense. Since then, Division agents have been fighting relentlessly to save what remains.

For The Division, the stakes are higher than ever. Washington, D.C. the most heavily protected city on earth, is at risk, leaving the entire nation on the brink of collapse. If Washington, D.C., is lost, then the nation falls. As a Division agent who has been in the field for seven months, you and your team are the last hope to stop the fall of society after the pandemic collapse.

What's New?

All console versions now run at 60fps, lifting the 30fps cap from the last-gen experience. It feels vastly smoother of course, transformative for a third person shooter, and there are improvements to loading times too. The resolution has also seen an increase on next gen consoles and the game looks better than ever.

God of War

What is it?

Kratos is a father again. As mentor and protector to Atreus, a son determined to earn his respect, he is forced to deal with and control the rage that has long defined him while out in a very dangerous world with his son. His vengeance against the Gods of Olympus behind him, Kratos now lives in the realm of Norse deities and monsters.This staggering reimagining of God of War combines all the hallmarks of the iconic series – brutal combat, epic boss fights, and breathtaking scale – and fuses them with a powerful and moving narrative that re-establishes Kratos' world.

What's New?

God of War on PS5 gets a brand new Enhanced Performance experience, it combines the modes to offer an incredibly crisp 60fps that almost never drops below that, while still maintaining the beautiful 4K checkerboard resolution. Smashing your way through Norse mythology as Kratos has never felt better.

Ori and the Will of the Wisps

What is it?

The little spirit Ori is no stranger to peril, but when a fateful flight puts the owlet Ku in harm's way, it will take more than bravery to bring a family back together, heal a broken land, and discover Ori's true destiny. From the creators of the acclaimed action-platformer Ori and the Blind Forest comes the highly anticipated sequel. Embark on an all-new adventure in a vast world filled with new friends and foes that come to life in stunning, hand-painted artwork. Set to a fully orchestrated original score, Ori and the Will of the Wisps continues the Moon Studios tradition of tightly crafted platforming action and deeply emotional storytelling.

What's New?

With the extra power of Xbox Series X, Ori and the Will of the Wisps now has a 6K Supersampled Rendering Mode, which allows unprecedented sharp image quality at 60FPS while outputting a 4K final image. For those with the correct TV's, Ori can go up to 120FPS to experience even smoother gameplay. Plus experience much faster loading times as well thanks to the SSD in the new consoles.

Ghost of Tsushima

What is it?

In the late 13th century, the Mongol empire laid waste to entire nations along their campaign to conquer the East. Tsushima Island is all that stands between mainland Japan and a massive Mongol invasion fleet led by the ruthless and cunning general, Khotun Khan. As the island burns in the wake of the first wave of the Mongol assault, samurai warrior Jin Sakai stands as one of the last surviving members of his clan. He is resolved to do whatever it takes, at any cost, to protect his people and reclaim his home. He must set aside the traditions that have shaped him as a warrior to forge a new path, the path of the Ghost, and wage an unconventional war for the freedom of Tsushima.

What's New?

Originally locked to 30FPS on the PS4 consoles, Ghost of Tsushima gets a smooth 60FPS experience on the PS5. One of the best PlayStation exclusives now feels even better with this frame rate upgrade and truly takes Ghost to another level.

Sekiro: Shadows Die Twice

What is it?

In Sekiro: Shadows Die Twice you are the "one-armed wolf", a disgraced and disfigured warrior rescued from the brink of death. Bound to protect a young lord who is the descendant of an ancient bloodline, you become the target of many vicious enemies, including the dangerous Ashina clan. When the young lord is captured, nothing will stop you on a perilous quest to regain your honor, not even death itself.

Explore late 1500s Sengoku Japan, a brutal period of constant life and death conflict, as you come face to face with larger than life foes in a dark and twisted world.

What's New?

A buttery smooth 60FPS awaits you if you own a new-gen console. From Software games have always been locked at 30FPS on consoles, with only PC gamers getting to experience these games in fluid frame rates. But thanks to the next-gen, console games can play one of the toughest games as it was meant to be played.

Oh, what a Lonely boy

Dismissing the M*A*S*H doctrine

By Ian Kirke | *Twitter* @ianjkirke

When I first heard 'Lonely Boy' by Andrew Gold I was instantly hooked on the simply brilliant rock ballad. In 1977 a fair few people agreed with me since It peaked at number 7 in the US and reached 11th spot in the UK charts. According to its discography, the lyrics which engaged with the life of a boy who felt abandoned by his parents upon the arrival of a sister were considered somewhat autobiographical in nature. This was steadfastly denied by the artist, who sadly died on 3rd June 2011, although the similarities with his own upbringing were nonetheless uncanny. Having learned the lyrics by continual repetition, and latterly the banging of the steering wheel I wondered why more firstborn didn't get pissed off on the arrival of a sibling?

Another melodic, haunting, and equally captivating song, released earlier in the decade, was made famous as the opening theme to the smash hit TV show M*A*S*H. Performed by Jonny Mandel, and forever seared into the consciousness of many folks of a certain age, 'Suicide is Painless' was, to me at the time anyhow, just another brilliant track. As a teenager, the meaning of the term suicide was just lost within the hypnotic harmonies.

Decades later, via YouTube, I happened upon these gems again and fell immediately back in love with the magical Andrew Gold song. Yet on this occasion, I was more drawn to the simple, yet haunting chorus which simply consisted of a trio of, "Oh, what a lonely boy." This time my context connected with the taboo subject of male suicide. In November 2011 I vividly remember crying uncontrollably when I heard the tragic news of the death of Gary Speed, the then football manager of Wales, who took his own life. At forty-two he was then only nine years younger than me, had two children, like me, and surely like me he had more to live for than most? In reality, my emotional connection was far more explicit, since only a few years earlier I had been that lonely boy who had thought about doing the same.

As macabre as this may seem to some, at my lowest ebb I contemplated suicide too. Whether this was more than a fleeting thought I guess I will never rightly know. I am still here to tell the tale so I cannot say how close I was to carrying out the act. I do know that I had selected a tree from which to hang myself and had reviewed my life insurance policies. My greatest fear was the effect that it would have on the poor bastard who found me. The tree I had chosen was also at the bottom of our garden, so the chances were that my grey, lifeless body would be discovered by someone awfully close. Having experienced this myself on a handful of previous occasions, such an outcome always left me with a great sense of despair. I recall, as a rookie cop, attending the suicide of the mother of a police cadet whom I knew very well. Her son had discovered her hanging in the hallway from a rope attached to the upstairs balcony. Upon my arrival, she was lying on the floor surrounded by paint pots and decorating gear. I immediately thought that there had been an awful and tragic accident. It wasn't until I noticed the ligature around her neck and heard the full horrifying account of how she had been cut down by my friend that I realized the full trauma of this type of exit. He was never the same again.

Looking back to the point that I abandoned any thoughts of finalizing such a personal plan my ensuing life took on a trajectory that made me feel forever grateful that I had decided to keep on living. Not for one moment did I subsequently manage to dodge grief, eliminate spasms of depression, or rise every day and simply click my heels as I fed the birds from the palm of my open hand because real life isn't like that. But my life is worth eminently more than the alternative that I had given more than serious thought to some years back. This epiphany got me thinking. Was I abnormal in having thought the way I had? How close to touching the void was I? How had I managed to step back when so many other men don't? Could my decision to write about this subject help pull someone else back from the edge? The latter observation was a no-brainer since even if I had a single-digit percentage chance of success the process would be worth it.

Living in the UK I was horrified at the statistics. In 2019, there were 5,691 suicides registered in England and Wales, of which three quarters were men, reflecting a trend over the last twenty-five years. Men aged 45 to 49 years had the highest age-specific suicide rate, virtually the same eye of the storm that I had encountered in 2005. Globally, suicide rates in men are just over twice as high as for women. Maybe I wasn't as unusual as I first thought, yet I still sought additional reassurance, and thanks to the often-maligned social media platforms I sought out the confidence of some male friends of a similar age. As an academic researcher, I should reference this cohort as my sample group. However, this would provide the most synthetic label to a bunch of guys that readily opened up to a trauma that some of them had experienced too, and even if they hadn't their wisdom displayed a side of masculinity which is very often consumed by the artificial stereotypes that often define a man. The following paragraphs are a tribute to real men: the lost, afraid, vulnerable who can, nevertheless, come across as confident, comical, and charismatic.

Have you ever thought about taking your own life? A little over eighty percent of the respondents said they had thought about committing suicide. If this disclosure wasn't astonishing enough the accompanying anecdotes illustrated an almost liberating expression, with one man admitting that I was the only person he had ever admitted this to. The juxtaposition between the macho and the lonely boy was captured with the line, "I seriously thought about telling a fib and saying no, but that won't help anyone." A more matter-of-fact synopsis amplified a

certain fait accompli, “Loads of times. Probably on a weekly basis and during bad times, probably daily. I plan it in my head and decide how I would do it and it never occurs to me how serious it would be for people left behind or the people who find me.”

These admissions began to thaw my own preconceptions. The statistician in me now acknowledged that I hadn’t been abnormal in thinking about it too and just maybe the notion of suicide, if stopping short of the actual implementation, was reasonably normal. An ultimate coping strategy? Indeed, a figure in excess of seventy percent would usually merit a distinction grade in any degree assignment. My group of normal guys had smashed that ceiling.

What were the circumstances that led you to think this way?
The triggers were, unsurprisingly diverse, however, there were general themes that rose to the surface: relationships, mental health, and self-esteem.

The sudden, unexpected, and dramatic collapse of hitherto strong bonds was typified by: “It was after I’d found out my ex was having an affair. I moved back in with my parents and started a new job all at the same time, so it was very stressful. I was then having my daughters the odd day but that wasn’t enough, and I was missing them. I spiraled into a big depression and wanted to end it all as I didn’t see there was anything left to live for. I’d lost everything.”

Psychological peaks engaged with post-traumatic stress disorder (PTSD) after careers within the police service. “My first experience of suicidal planning came out of nowhere and it was borderline psychotic with a voice and feeling inside me telling me it was

How often have you felt this way?
For the majority, this was a recurring notion, yet the frequency was wide-ranging. “Too many to count over the years. The feelings wax and wane.” Some also had solace with medication, such as serotonin, and the graphic nature of the extreme thought patterns was captured by one guy who blamed himself, “I would become deeply depressed and the black shadows would then descend on me. This was accompanied by deep self-loathing at what I had become, followed by self-harm and suicidal planning that was very vivid.” Of some comfort, one guy conceded, “I have never felt like this again and this incident was thirty-six years ago. I have witnessed others feeling the same way and strangely enough none of them have ever made me think about that day when I felt so low.”

Did you share your experience with anyone and if so what happened?
Forty percent had never told another living soul. My approach was celebrated as a welcome release of emotion and frankness of expression. I was stunned by this revelation and reflected upon my own fessing up that appeared for all to read in a book I wrote about my life in the police, admittedly some years after I had considered the final curtain call. The others had spoken of their plight with incredibly supportive friends and family members, including parents. Perhaps the most poignant tribute was, “I visit my eighty-two-year-old father every month. It’s a 400-mile round trip but since my mum died ten years ago, we’ve grown close. I asked him directly when we last met if he had ever considered it. He told me he had since mum died but would never carry it

through. For a guy of his generation, this was surprisingly honest."

Why do you think men are disproportionately more likely to take their own lives? There was widespread recognition that women were stronger although this observation was mired in the often-debilitating cultural drivers that frame what it is to be a man. "Men are meant to be hard. Those who cry are weak. This is the type of bullshit that we've had to put up with over the years. If a man shows his emotions he's not a 'real man' to some people". The space required to talk openly about masculine feelings was obliterated by a landscape of old-fashioned attitudes, peer pressure and a false stereotype that reinforced the alpha-male status. "When I was stabbed at work in the mid-1980s, on my return, my boss took me to the pub. That was it." For some, this lifetime of avoidance had culminated in serious mental health issues in later life. "The 'manly' approach is still to do nothing rather than dust yourself down and crack on". Totally and utterly fucking useless.

Discussing this characteristic with a female mental health professional she added a powerful narrative: Boys are socialized in a completely different way, encouraged not to cry, to be strong and brave. Women face more life changes in terms of, for example, menstruation, pregnancy, and menopause thus providing an emotional resilience that allows often uncomfortable disclosure. Have men also lost their role in society? In a now far-off time, the male role was disproportionately more aligned to being the main breadwinner. Male-dominated spheres of employment in many developed western societies, in particular, have seen a huge demise over the last century; in the UK, for example, the coal, steel, and shipping industries. In addition, women are less dependent on men than in previous generations, further undermining their traditional role in society.

How can men, in particular, be better supported in terms of suicide reduction? Talking was the only antidote. Easier said than done for some, yet for others, their experiences had harnessed a power of incredible insight, empathy and encouragement that had led them to act as peer support to many other men. Wrapped up in this emotional covenant is the signposting to several support mechanisms that exist. For example, in the UK, the Samaritans and The Campaign Against Living Miserably (CALM). Employers operating in high-risk environments should also be mindful of the need to shine a bright light upon the signs and symptoms of PTSD and the corrosive damage this can have on future mental wellbeing. "Men need to feel confident to talk to other men and not be ridiculed. It's a huge thing for a guy to admit he's thought about taking his own life. The first time it often comes to light is when they do it." The shattering of the macho myth is paramount with mainstream media having a significant responsibility. "It can get anyone, it doesn't matter who you are, what you look like, what job you do or how much money you've got in the bank, you can still be a victim."

Anything else you would like to add about the subject matter? A relentless campaign to educate, eradicate bullshit, and empathize was the unanimous call. From more helpline numbers at doctor's to signage at sporting facilities and perhaps most important of all to engage with mental health at a much earlier time in our development. Schools have a significant responsibility, made even more necessary during the restrictions placed on our everyday lives during this abject COVID-19 pandemic. One man struck a particularly close accord with me when he stated, "I am thankful that I did not act upon my feelings in 1985. Life is for living and there is always a different option than taking the ultimate decision." I am also glad that I didn't embark on the nuclear option. How close I came I don't honestly know, but having spoken out loud about it and recognized that I was not at all odd to think this way, I can finally wave goodbye to any more thoughts of being that lonely boy. Thanks for listening.

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FHM

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By Samantha Jack

Jessie! We are so happy to have you featured on the cover of FHM! With all the high notes you hit last year and achieving new heights in your career, how has the beginning of 2021 been for you? I have been very busy creating new content for all my platforms but accommodating the COVID restrictions makes it challenging.

You've got an amazing figure and beauty about you, could you tell us a bit about how you stay in such good shape? I work with a personal trainer three times per week and I am very careful about what I eat, especially if I have a shoot coming up.

We hear you're a fierce competitor! What has been your greatest adventure and best win? My greatest adventure has been moving from a small town in Maine to all the excitement of Los Angeles and Hollywood and my greatest win has been the opportunity that I have had for personal and professional growth.

You're tenacious and fierce that much is evident! What would you say sets you apart, what is your greatest asset? I am very determined, tenacious, detail oriented and have a strong work ethic. I believe that my greatest asset is my unrelenting drive to be successful.

You're a major social media influencer personality, what would you say are the hardest parts of maintaining a steady fanbase? Consistent interesting content across all platforms and staying on top of trends.

What would you say is the most surprising thing about you that not many people know? Growing up I was quite the tom boy. I loved playing soccer with the boys. I did not like wearing dresses as I felt much more comfortable in jeans and a t shirt.

If you had to choose, would you say money and wealth determines success, or is it one's personal achievements and happiness? I have found that doing what I love and feel passionate about has brought me joy and my success has brought financial rewards.

On a more personal level and in an ideal world, where do you see yourself in five or ten years; time in terms of family life, career, or both? My career goal is to remain current, innovative and take every opportunity to diversify. I find new challenges and opportunities make me feel alive. I am so busy building my career that I have not given much thought to romance or family life.

Being such a strong, fierce woman, any advice for the males who might want to sweep you off your feet? Kindness, loyalty, sincerity and someone with a cute dog.

On that note, you must get a lot of attention and we can only imagine how crazy your DMs must be, what are some of the wildest things you have received in your inbox? Anywhere from marriage proposals to scammers.

You're absolutely incredible and we can tell you're a driven,passionate individual, we would love to know what makes you feel sexy? A new lingerie set from one of my favorite designers.

It's been a pleasure getting to know more about you, we are excited to see just what you have lined up in future! Any final words to our readers on what to expect from you this year? I am so excited about my new opportunities for future development this coming year.

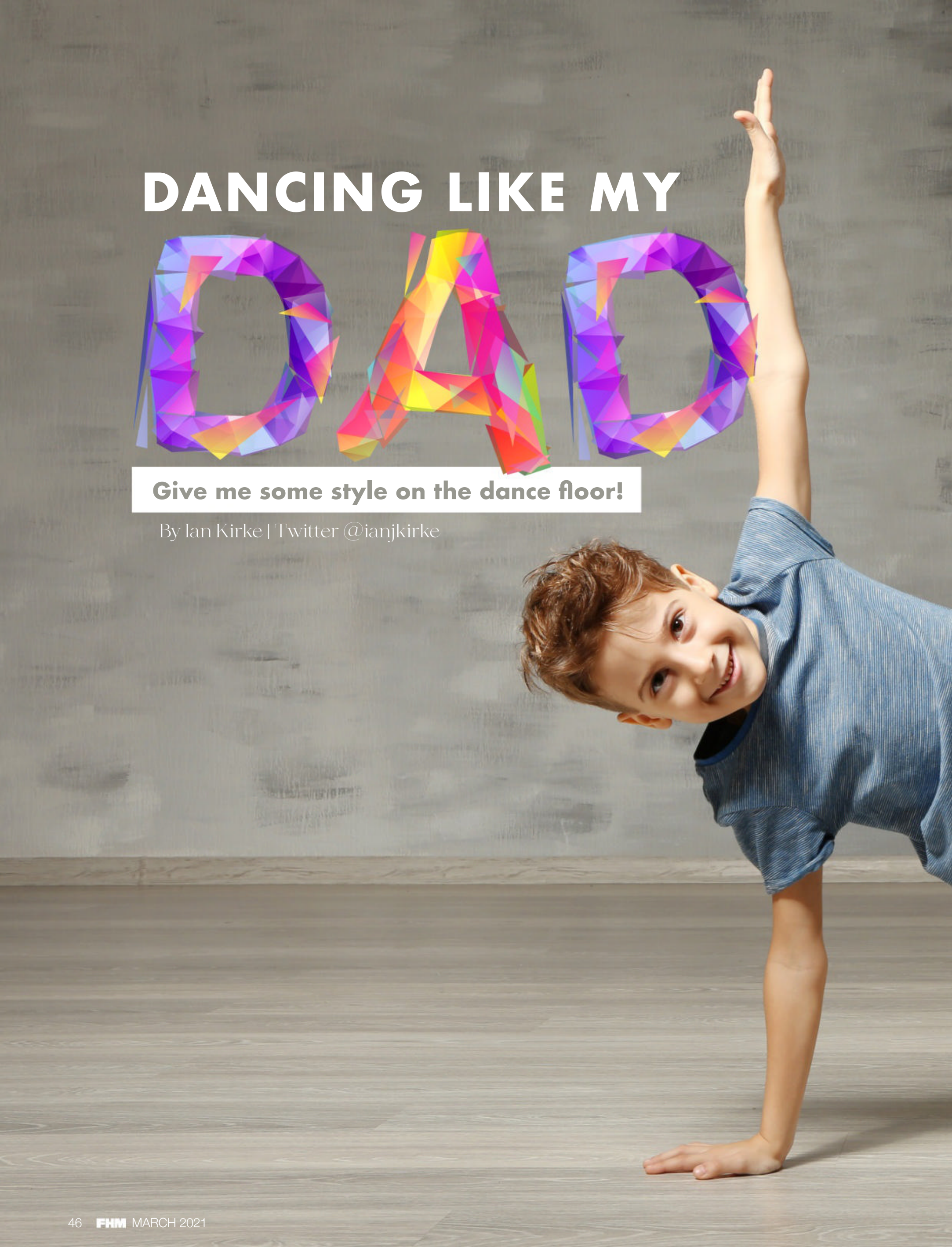
Neutrogena
Ultra Sheer
body mist
100+

FHM

DANCING LIKE MY DAD

Give me some style on the dance floor!

By Ian Kirke | Twitter @ianjkirke



I have little proof in this assertion however, I passionately believe that Sophie Ellis-Bextor was thinking about me when she and Gregg Alexander wrote 'Murder on the Dancefloor'. Perhaps even Genesis saw some footage of my exploits too, enabling them to title their famous 1991 track, "I can't dance." When it comes to dancing I have the following qualities: two left feet, a total absence of rhythm, and I can literally look like I am fighting a natural obligation to harmonize with the rest of humanity. Recently the term 'Dad dancing' has been added to the Oxford English Dictionary and is defined as, "awkward, unfashionable, or unrestrained style of dancing to pop music, as characteristically performed by middle-aged or older men." On one hand, this literal classification was reassuring in that I can't be the only guy on the planet who suffers this embarrassing social humiliation although on the other it gave no remedy. No magic bullet, no short-cut, and zero signposting to the promised land of composure, credibility, and class.

Not that I want to master the late Michael Jackson moonwalk, mimic John Travolta in 'Saturday Night Fever' or stomp the ground like Michael Flatley. I just don't want to resemble a bag of potatoes caught up in a hurricane with a forced smile on my face. I guess like many things dancing, at any level of competence, requires a certain degree of tuition, practice, and reinforcement although I would firstly like to grasp the fundamentals of gyrating to the beat at routine gatherings such as work dos, Christmas parties, and birthday bashes. On the grand scale of human socialization, the ability to dance is probably not a deal-breaker and since I am not seeking to don my tuxedo and command the ballroom I would like to establish if there are any shortcuts? You see I am inherently lazy, especially when it comes to things that aren't that important to me. Nonetheless, this dancing conundrum is irksome since the times I find myself wanting to, at least, perform an entry-level jig and thus distract unwelcome gaze away from me I am woefully bereft of a suitable answer.

To place my situation within the wider context I sought the opinions of men of a similar age. If my current dancing etiquette was significantly below par the vast majority of the responses I got back did little to motivate me. The sage advice from one was to, "Dance like no one is watching. Those who matter don't care, and will enjoy it." This might work for you old bean, but my reality screams for a skill-set that avoids others, especially outside close-knit family members, thinking that I am suffering from some form of seizure or that I have lost control of my bladder. Another was proud of their credentials, or lack of them: "I'm a Dad dancer but it doesn't bother me, nor does it deter me from getting up." Whilst another jubilantly added, "Was never a problem Ian. Up to the age of thirteen, I danced in front of audiences wearing a skirt. After that I was fearless!" I had to concede that wearing a kilt at such a tender age would probably have left the onlooking audience in little doubt that you wouldn't want to mess with this geezer, especially in view of the long-held principle of what Celtic men had lurking underneath. He also added, "Just go for it and forget your inhibitions." Close, but alas no full cigar gents. I wanted a tad more finesse. Then I heard from a man, of not dissimilar age, who I shall call Frankie. Why should I choose such a moniker? Well, that is his name: Frankie Franklin. A man who gloriously left the shadows and gave me faith with his story.

"I grew up with parents that could and still do, dance. My father's eyesight deteriorated from fourteen years of age, and now totally blind he is still a much better dancer than me.
Standing at the side of dance floors at weddings, Christmas dos, and family parties I used to watch the 'oldies' dancing together, jiving, slow dancing, and other old-fashioned stuff. I was always impressed, and it all seemed so easy to them. I didn't dance as I thought it wasn't cool, although being honest I was too embarrassed to try.

Then, aged eleven, I went to my first school disco in 1980. I was ready to impress, dressed in double denim (still awesome), shiny Clarks commando shoes (with the built-in compass in the heel), and a dab of the old man's aftershave behind each ear.

I remember watching two of the older boys having a dance-off to the epic Ska track, 'Too Much too Young' by The Specials. All the other kids were cheering and egging them on, and they clearly loved the adulation. I was up for a bit of that hero worship and prepared myself to smash the next on the playlist: 'The Walk', a 1958 classic by Jimmy McCracklin. I watched as the other boys and girls lined up and, in time to the music, walked and strutted back and forth. I joined in.

I found myself pushed to the back of the dance floor and I was finding it almost impossible to keep in time, in fact, for most of the record I was going in the opposite direction to everyone else. I cut a lonesome figure. Imagine finding out you were a 'Dad dancer' aged eleven and in front of your peers.
At this crucial time of my life, where the boy would ultimately maketh the man, I also discovered that my idiot of a brother was absolutely frigging fantastic at dancing.

Not to be defeated I took up drama lessons, as I figured this would improve my social standing and improve my chances with the opposite sex. I was cast as the Artful Dodger in the school play 'Oliver' and luckily for me, it didn't have a lot of dancing. I was so excited when the local Operatic Society asked me to play the same character in the up-and-coming production of the classy Lionel Bart musical. Then the dancing started, and I was humiliated.

Later on, I became a Mod, dancing to Motown and other such music which is basically swaying back and forth. I was miserable at this too.

Joining the Navy, I only had to grasp the 'Matelot shuffle', essentially mastering the ability to stand upright and move one foot to the side and back again, then repeating with the other foot. As easy, I thought, as falling off a log. But again, my wooden feet that supported the now stonewash double denim and Doc Marten boots attired defender of Her Majesties territorial waters and beyond failed to impress the onlooking, and by now giggling Wrens (Women's Royal Naval Service).

When I married my wife the first

dance loomed over me like the ghost of Fred Astaire. Rather than ride her like a surfboard I did the next best thing and got absolutely drunk. As you can imagine the wedding night didn't involve much jigging either.

The final humiliation came when I was in the police, a sergeant, and a respected figure amongst the shift. One of the lads was getting married in Poland and a dozen of us traveled to Rzeszów. Every single Polish chap got up and danced. Then the father of the bride approached me and wanted to know why I wasn't dancing. I made up some rubbish that I wasn't all that bothered, yet he immediately found me a partner who, with a vice-like grip, took me in hand and onto the dance floor.

Everyone was having a great time dancing with their partners. All except my Eastern European octogenarian partner who, after only ninety seconds with me, made her excuses and walked away leaving me alone again in the middle of the dance floor. This was when a shaft of heavenly light bore down on me and I finally realized that something had to be done, even though I had waited until I was fifty.

Taking Rock 'n' Roll jive lessons has been brilliant! Firstly, the moves at the basic level are not too hard and even I can master them. Well, most of them. Secondly, as a bloke, jiving with a partner is great because for 95% of the time you are standing still and moving your partner around you. And it looks great too!"

Phew! A cathartic release that rhythmically chimed with my own horror story, and a wonderful and comforting conclusion. However, not that surprising I guess since appropriate training will always aid personal development. Having said that, I had never heard of Rock 'n' Roll jive although the generally static nature of my would-be contribution is somewhat appealing. The clips on YouTube edify this notion and I am tempted. This reminded me of a discussion I had with a friend about the potential shortcuts to high achievement. The transfer of professional knowledge within any discipline is often delivered on a platform of traditional learning; years of reading, revising, applying, evaluating, and testing. I had pondered if there were ever other feasible opportunities to sometimes circumnavigate this process?

In the 2002 Steven Spielberg biographical film 'Catch me if you Can', from a screenplay by Jeff Nathanson, Leonardo DiCaprio played the part of Frank Abagnale who, whilst still in his late teens successfully duped hordes of victims by posing as a Pan Am pilot, a Doctor, and a State prosecutor. Indeed, so good were his skills as a forger that after capture and conviction the FBI employed him! Abagnale had heaps of confidence yet I suspect he appreciated the now contemporary approach of Modelling Excellence, propositioned by Doctor's John Grinder and Richard Bandler. The essence of this fast-track approach to learning is to first of all find someone who is excellent at what they do. If you think about it for a moment our early childhood development mirrors this approach since children will seek to mimic those influencers proximate to them, especially language. I remember slagging off someone or other in the car one day, and at the conclusion of the articulate diatribe my then three-year-old son Adam, seated in the back, simply blurted out, 'wanker' and repeated it several times before I used the distraction technique of a huge ice cream and bag of sweets.

Having selected your starlet, who can often be benign in actual overt coaching (hence the usefulness of YouTube), chunk down the behavior into digestible pieces and repeat, repeat, repeat! As Zig Ziglar, the American author, salesman, and motivational speaker proclaimed, "Repetition is the mother of learning, the father of action, which makes it the architect of accomplishment." In his book Bounce: The Myth of Talent and the Power of Practice' author Matthew Syed reflects on key moments in sport where more often than not some players freeze. Citing penalty shootouts, he argues that players should rehearse these moments in full color, identify and reinforcing the associated thoughts, feelings, and actions over and over again. The players of my beloved Notts County please take note. This approach links directly to the powerful cognitive tool of visualization. As Professor of business

at Harvard Business School, Rosabeth Moss Kanter, said, “A vision is not just a picture of what could be; it is an appeal to our better selves, a call to become something more.”

Plucking up the courage to tentatively make contact with a professional, I spoke to Amy Davison, founder of ALDANCE (www.aldance.co.uk), who trained at The Brit School. Her sage words and practical signposting got my right foot tapping.

“Listen guys there’s light at the end of the dance floor! Dance is a form of expression so don’t treat it like a military drill. Relax and loosen your body so as not to look stiff. Connect a few simple moves or steps together and before you know it, you’ll be dancing! Try a couple of the following to be dance floor ready: Step together or step touches otherwise known as the ‘two-step’, keep your knees mobile and once you feel comfortable you can add in clicks or claps or even use the ‘two-step’ to move around in a circle. Another timeless step and basic tool from the Foxtrot to the Rumba is the ‘box step’. Imagine that you’re in a box and literally use the corners to either practice your two-step, or you can just tap one foot out at a time to each front corner, or even start to add in some hip action if you feel comfortable! Another extremely easy move that you can do, even with a drink in hand, keeping your feet still is ‘shoulder leans’. You can literally lean or sway to the right and then the left, and once you have got that you could follow a simple sequence of single, single, double, single, single, double. If you are still feeling like a ‘Dad Dancer’ then there are a lot of classes around, so look for a good teacher and book a couple of lessons to learn the basics and always remember to smile and have fun!”

I think even I could start with a ‘shoulder lean’ and target a ‘two-step’ in no time. And let us not forget the wise words of George Bernard Shaw, “Dancing is a perpendicular expression of a horizontal desire.” Once this damn COVID-19 is over watch me bop and go!

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SAVING MAN'S best Friend

The iHeartDogs story

When it comes to pets, no pet is greater than "man's best friend", a dog! And while dogs make great pets and companions, millions of dogs around the world are killed, homeless, etc. and that is why one man has made it his mission to change that. **Marshall Morris** is the biggest human-dog lover you will ever find. Beyond being a husband, father of two boys, and an Army Veteran, Marshall is the mastermind behind iHeartDogs.com, a company that serves pets & people, and has funded over 22 million meals to shelter dogs, donated over 150,000 toys to animal shelters and funded over $350,000 dollars to help Veterans with PTSD. He has also helped rescue dogs from various nations who kill them for food.

FHM sat down with Marshall to learn more about how his heart is filled with love and support for the cutest creatures and how even people like **KISS' Gene Simmons** have given him their support...

You have turned iHeartDogs.com into a globally recognized name, website and brand. What about dogs do you feel just attracts people? I would say the thing that attracts people to dogs is their unconditional loving, loyal nature. That nature fills a deep need we have as humans to be loved and to reciprocate those feelings. They almost model noble characters for us.

What is your overall mission with iHeartDogs? Our mission is Healthy Pups, Happy Homes, Empty shelters.

Simply put, we want our dogs to be healthier, live longer, and enjoy more happiness with us doing life together and at the same time help dogs in shelters find their own loving homes. We do all this through creating toys, gear, and supplements that all give back in measurable ways. You buy a dog toy from iHeartDogs.com, we donate a dog toy to a shelter. You buy dental sticks, we feed 10 shelter dogs. Every single thing makes a huge difference. So you get to spoil your pup and spoil shelter dogs in the meantime.

What have been some of the hottest celebrities who have been a part of your mission? Gene Simmons did a shelter surprise with us a couple of years ago and it went really, really well. We even had a Gene Simmons dog cake with tongue and all created for the shelter. It was killer. Celebs are all onboard for helping animals and we hope to do a ton more in the near future. Love to get Ace Ventura on board.

How do you decide what shelters to give back to and what dogs to save? We currently work with over 13,000 shelters and rescues across the US and also do a bit internationally. We work with Greater Good charity who is an amazing partner and helps us determine needs, sends all the food, blankets, etc. They have teams on the ground helping us decide what needs to fill and how we can serve our communities the best possible way.

How can owning a dog help someone's overall health and confidence? I could share 100 articles on this topic from some of the smartest people on earth. Personally, I think they are such a consistently positive force in our lives that they create happy, healthy spaces for us to exist and live with them. They brighten our moments and keep us living in the here and now.

All in all, their boost to our

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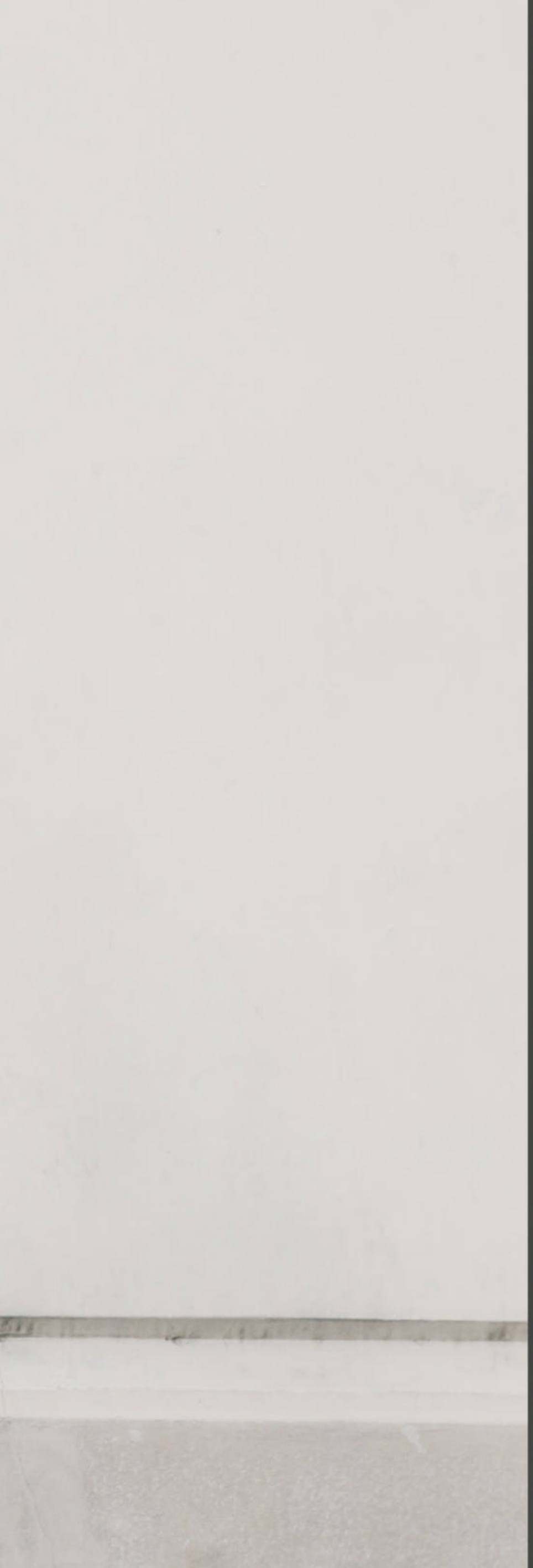

wellbeing is a catalyst for positive change in all the other areas of our lives. It is pretty amazing if you think about it.

You are also massive on social media. What tips do you have to people and companies wanting to grow online and via social media? Be authentic and human. A person who just shows up to chat, hang or add value without asking for anything is such a breath of fresh air. This has always been the case but gets adulterated when you add in advertisers and money, etc. 99% of people on social run it in such a machine-driven sterile way. People connect with people. Let your personality show.

What are your favorite kind of puppies? Seniors. Have a heart for dogs who are older and deserve a great final chapter. Young dogs find homes pretty easily but the older "experienced" pups need more help.

Can dogs help single people find love faster? Yes. When you have a dog you create a new social world and open your circle. You get out more, you see more people and as a result, you talk to more people.

What's next for iHeartDogs? Global "Dog"ination (see what I did there?) Our focus is on building a global pet brand helping keep pets happy and healthy on every single continent. When Elon lands on Mars, we will tackle that as our next one.

EXTREME
FIT

From being one of the top names in college sports to now being one of the top names in training and workouts, Darrell Patterson has been going viral! The former D2 All-American Basketball player now specializes in bodyweight workouts which he posts on social media that have everyone paying attention... so much so that he helped co-found HeatXtreme which has taken over the supplement, live workout, and viral challenge marketplace.

Follow Darrell on Instagram @iamtherealdp or read more about what he had to say to us exclusively one-on-one about it all and tips and tricks we can all use to get in shape and stay healthy!

From College sports to helping people reach their top potential in all areas of their lives... how has the transition been to a life away from college sports? Life away from college sports hasn't been too different, as I am still doing fitness-related activities and get the fulfillment of exercising every day. However, the main aspect I miss about playing college sports at a high level is competitiveness. There are certain emotional highs and lows that only sports can give you the feeling of, such as hitting a game-winning shot or winning a championship. Also, I miss competing against other people to see who can come out on top. Now, with my Fitness/ Health & Wellness career, it's Me vs Me, working on competing against myself to be the very best every single day. Along with taking that competitiveness within myself and helping other people achieve their goals.

During COVID you have been helping people train via Instagram videos. How do you come up with so much content? By videos, I am going to interpret that in both Live videos and Instagram videos for posts. Here in 2020, I have been working on building my social media pages for 7 years, and at this point, coming up with content is like second nature for me. The way I like to view it is that I am literally bringing people into my everyday life. From the workouts that I do to the tips I share, to the smoothies and food I eat and drink, it's what I already do anyway! For my Live Video classes, I view it the same way. I have been teaching classes & performing for years. After going through class after class for so long, it is second nature at its finest.

What do you feel separates your content from others posting stuff? Obviously, it has worked! The main thing that I feel separates my content from others posting is that I really and truly show you all my true lifestyle. For anyone that is actually true to themselves, that concept will always separate you and why you don't have any competition in reality. All of the content I show from my workouts to the food to the humor, is really genuinely what I'm like on a daily basis.

Also, another aspect that separates my content from others is that I show people how they can transform their body with any type of workout possible. Whether you want to do a bodyweight-only workout (no equipment), a minimal equipment workout (dumbells/resistance bands), or a fully gym-based workout, I have you. There are very few trainers that can show you how to do it from A-Z with the variety I bring to the table. And things will just get better over time.

What main tips do you have for those wanting to get in peak shape and looking their best for 2021? Have a great support cast: those who you consistently surround yourself with ultimately create the product that you are. If you are around people that are always pushing you to get better and get in great shape, you will get in great shape. No questions asked. If you are around people

who are lazy and not hard-working, you will be a product of that too. Know your surroundings!

Invest in a program that you know works: The best and most proven programs that the ones that have proven transformations time and time again. Take a look at our @heatchallenge IG page for example. This is a clear representation that our program works. On top of that, look for programs that allow any person to get in shape no matter what their circumstance. For example, us having Bodyweight, Minimal Equipment, Gym programs that allow every single opportunity to be successful. Finally, be sure you choose a program that offers some kind of accountability. For example, in the HEAT Challenge, every Monday and Wednesday we do Weekly Accountability Calls with Pre-Planned ideas and concepts to help clients get through the challenge strong. Find a program that does it all for you!!!

Mentally be prepared to be challenged: With a life change of getting in the best shape of your life, there will be a lot of uncomfortable moments. There will be times that you are tested and there will be times you want to break but don't. Always keep pushing forward because exercising is a big scope of what life is really about. Those that keep pushing forward will always win in the end, but those who don't like to be uncomfortable will forever have a tough time. It's all a fight with your own head. Be prepared to be challenged!

What types of products do you take? Personally, I take all Heat Performance line supplements, including Maxx, BCAAs, Greens, Collagen, Pre-Workout, and the ACV Gummies. However, if I were to pick a top 3 I would go with Greens, Maxx, and Pre-Workout. These are the supplements I take most often, as I love to mix Greens in with my smoothies, and love the caffeine and energizing feeling of Maxx and Pre-Workout.

Tell us about HeatXtreme and the HeatChallenge which has gone viral! HEATXtreme is the overall company, and the HEAT Challenge is a branch off of HEATXtreme. HEATXtreme is everything from our services to supplements to accessories, which all go hand in hand with the challenge itself.

The HEAT Challenge is an online program I came up with in 2013. It first started out as a 7-day challenge, then went to a 90-day program, then went to an 8-week program, and now a 6-week transformation challenge where 5 winners win $5,000 each for simply transforming their body. The HEAT Challenge has always been the bread and butter of the HEATXtreme brand and what everything has been built around. It's been so amazing to watch it grow and evolve over the years.

To give a brief synopsis of the challenge, here is how I'd define it: The HEAT Challenge is a structured and progressive follow-along workout program, nutrition plan, and accountability group, that will help you progress in your fitness journey and help you achieve the overall dream body you've always deserved, all while winning some money to simply transform! At the end of 6 weeks, 5 winners w/ the best overall transformations receive $5,000 a piece.

The simple goal of the HEAT Challenge from the very beginning was to take my classes that I was performing in person and performing in the gym and put them into peoples living rooms. It's been pretty cool to see what became a reality over time.

With these companies, what are you most excited about for 2021? And what is your role? Everything in the company overall excites me in 2021. I think it will be a great year for us. However, I am most excited about the launch of HEAT On-Demand, our fitness version of Netflix. Over the past 2 years, we took all of the programs we have done and put it all into one platform as a subscription service.

Another thing I would hope to be excited about in 2021 is being able to do tours across the United States again. I want to be able to do live performances everywhere and get the excitement of meeting people who have truly been impacted by the HEAT Challenge. One of the most gratifying feelings for myself is to literally be able to meet somebody who I have helped and changed their life 1 on 1. It's a life-changing experience.

Finally, the last thing I am excited about in 2021 is to continue seeing the growth of the HEATXtreme store. Currently, we offer so many different supplements and accessories that are helping people feel better on a daily basis and I want to see it keep growing and growing. As far as my role, I am one of the faces of the HEATXtreme Brand. My specialty lies in body weight and minimal equipment workouts that help people get without needing to be at a gym. I also use all of my social platforms to help market and gain recognition for HEATXtreme and the HEAT Challenge.

For those wanting to go into the health space and personal training, what advice would you give them? Don't give up: If you want to have a career in

this field, you need to get familiar with making mistakes and facing adversity. There's going to be a ton of different roadblocks and challenges that will test you. Just keep moving forward. I have been training for 7 years and every single year there has always been a piece of adversity that has tested me mentally, made me think about giving up and quitting, and living the rest of my life away from health and fitness. Get used to always pushing forward through anything you may face. Believe in yourself- As a trainer or health professional, nobody will believe in you unless they see that you believe in yourself. Everything in life is a negotiation. You either sell someone on what you want them to do or they sell you on what they want you to do, it's all about how you approach things. Have an extreme belief in yourself that you can help people achieve their goals and they will invest in you. You have to genuinely want to help people: This is the most see-through characteristic in any health professional. One thing I can honestly say until the day I am not on this earth anymore is that I am here to give and help, that is my true purpose in life, and every client I work with, be it in person or line, can see that every single day. However, if it's not genuine, it won't work!

How has social media changed the industry these days?

Absolutely social media has changed the industry. Fitness is a 360 world than it was 10 years ago, especially when it comes to business. Now every single person has one of the most amazing marketing tools all in the palm of your hands. You can reach millions of people in a small period of time.

However, one flaw I would like to point out about social media is that it has drastically changed what people believe is attainable and what isn't. Most of what we see from influencers or content creators is what they want you to see, not always the real side of them. That's why I make such a strong effort on being genuine. I have been on IG for 7 years and the growth of fitness on social media is unbelievable. Everyone wants to be fit now. It's a

new wave in a sense. The opportunity to grow your business & free marketing to showcase your talents or business has absolutely changed what the world has been like over the past decade.

What is your ultimate goal for the future both professionally and personally?
Personally: My goal personally is to leave a legacy of the business as a household name across the world. Leaving my footprint in the health and wellness world.

Professionally: My goal professionally is that I want no cap on my end goal, but just to get better and better every year and see where we can take the business.

Topo Chico
MINERAL WATER

FHM

JESSIE Sims

Model | @jessiesimsofficial
Photographer Ashlee Krutzfeldt | @ajkphotography1
MUA John Cotter | @johncottercosmetics
PR LSA Publications | @leo.alderman @lsapublications

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FHM

Hi my name is Jessie Sims! I'm a former gymnast turned social media influencer/model/ actress. I was born in the UK, moved to a small town in Maine, USA and now live in Los Angeles, California.

Happy to have you featured on FHM! Tell us what are some of the things you did to prepare for this shoot? Thank you for having me. I'm so excited and grateful for this opportunity!! Leading up to my photoshoot I ate super healthy, worked out with a trainer 3x a week plus working out on my own on off days and cut out alcohol.

You've got an amazing figure and beauty about you, we're keen to know what you would say is your favourite physical feature about yourself and why? My favourite features were my biggest insecurities at one point, but I ended up growing to improve and love them. I would say either my smile or my butt. I worked hard for both. I had braces growing up for about 3 years. I was always pretty slim because of gymnastics but definitely had a bigger butt (which I hated at the time) Once I quit gymnastics I began my fitness journey lifting weights and going to the gym which helped me grow to where I am today.

Being a glamorous model must have its perks, what are some of your most memorable experiences in your career? I want to say my career is just getting started. For the past few years I have been posting only on social media. Instagram, Tiktok, YouTube, Twitter, Snapchat and OnlyFans. Because of my presence on social media I was able to attend a few music festivals as an "artist" which was really cool! But to be honest, being self-employed and living the dream is the most rewarding and memorable thing. This is one of my first big features, so I'm quite proud of that.

What would you say sets you apart? I would say my kind heart definitely sets me apart. It's a blessing and a curse. I love helping others especially friends and family. I enjoy making other people happy even if that is just me being a goofball and putting a smile on their faces.

On the topic of men, what was the complete best, and worst first impressions you've got on a first date? The worst first impression was when a guy took me to a fancy dinner and pulled out some shooters to put in his drink he ordered from the bar. I was mortified. I was thinking in my head we're at a nice restaurant this isn't McDonalds!! To be completely honest I haven't been on any stand out dates. It's just generally nice when a man opens doors for you, is kind to you and the wait staff (I think this really shows someone's character) It doesn't really take a lot to make me happy. A cute date would be a picnic on the beach!

What would you say is the most surprising thing about you that not many people know? I've always been pretty shy! People see me online and already have this preconceived idea of me which more often than not is 100% wrong but I love to prove people wrong.

If you had to choose, would you say money and wealth determines success, or is it one's personal achievements and happiness? I think all the above! Obviously wealth is nice. If you're struggling financially it can often affect your mindset which I think can hold you back but also having too much money and becoming "comfortable" can also create problems. In my eyes finding a balance between all of these things truly defines success.

On a more personal level and in an ideal world, where do you see yourself in five or ten years; time in terms of family life, career, or both? Ideally in 5 years I will be continuing my career. I'm hoping to transition into mainstream media (TV/Film & commercials) I do enjoy social media and plan to continue my journey as an influencer. I believe that will always be a huge part of my life and career.

In 10 years I will hopefully have achieved most of my goals in the media and will maybe start on a new path.

2020 was a challenging year for us all, what advice would you give to other models or aspiring models out there in light of all the challenges faced? Find a way to get it done even if you have to think outside of the box! Don't let anything hold you back. I know most of us, myself included, had a lot of setbacks this year due to COVID restrictions which was discouraging. Vision boards are a HUGE necessity for me and really help keep me focused and motivated. I make one every year.

Any final words to our readers on what to expect from you this year? I plan on challenging myself more than ever this year! Holding myself accountable and pushing through any hurdles that stand in my way.

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GAZOO'S GRENADE

Bringing World Rally to your garage

Climbing down from the lofty appeal of a Tesla Model S and Aspark Owl featured elsewhere on these pages is a little hatchback that proves that dynamite comes in small packages. It might not look like it on the surface but this once-friendly and common city hatchback has been transformed by Toyota's Motorsport Division, Gazoo Racing, to be something of a giant killer.

"Sport mode highlights this all-wheel-drive system"

To understand why this has happened during a time when the automotive world seems to be consolidating rather than funding skunkworks projects like this, one only needs to look over to motorsport. Toyota's relatively new Gazoo Racing moniker is establishing itself in Endurance Racing, Off-road competition and World Rally - The latter is where the Toyota Yaris competes. Involvement in this incredibly expensive motorsport requires another outlet in order to make it viable; a place where all this development can be repurposed for mainstream and eventually sold. It's a recipe that, at its most prolific in the 80s and 90s, produced some of the world's most desirable, game-changing cars and the GR Yaris proves it still does!

This really shouldn't surprise us. Toyota president, Akio Toyoda, is a keen racing driver. Back when the GT86 was launched he made a promise that the future of Toyota was going to be focused on building cars that are fun to drive. The GT86 and Supra certainly delivered - even the previous Yaris GRMN that was a sort of half-baked effort with a silly price was amazingly visceral to drive. Turns out, that was just the Au derve for what was to come.

The GR Yaris is a straight-down-the-middle compromise between what a modern world rally driver wants and what a niche group car enthusiasts can realistically sink their teeth into, and spice up the drive to the office. It's currently the only car competing in WRC's pinnacle class with a road-going clone. The chassis is one-part Yaris but it has been fused with other Toyota bits that not only make it a lot stiffer but allow for the car's main headline feature – the all-wheel-drive system. It's also wider, longer and lower but most definitely still a compact creature that's good at threading itself (sometimes sideways) through life like it's in some kind of 90s arcade racer.

Traditionally you might expect that under the hood is a spicy turbocharged 2.0-liter engine with advanced anti-lag system but those were the old days. New modern WRC rules call for a fixed 1.6-liter capacity (the same as in Formula One) with turbocharging allowed. The GR Yaris runs a 3-cylinder engine versus the WRC car's 4-cylinder so power of 257bhp and 266lb/ft is down on the WRC car's output of 385bhp and 343lb/ft. Still, at least you'll be driving the "world's most powerful 3-cylinder." Probably best to say nothing at all because this car isn't defined entirely by numbers.

If it were solely about binary performance numbers, it certainly would have a fancy pack of clutches able to shift gears in milliseconds rather than the six-speed manual it actually has. The manual's short, crisp throw and heavy clutch pedal is a combination that rewards

perfect accuracy. Haven't said that about a Toyota's gearbox in years!

Sport mode highlights this all-wheel-drive system and I could see myself spending every minute in this mode because to me it epitomizes what the car is all about. Here the GR Yaris sends about 70 percent of the torque to the rear axle. It's essentially an incognito drift mode and on a short wheelbase like the Yaris's, its effect is pronounced but not nervously so. You can really hustle it from apex to apex using a variety of driving styles, each packing its own reward. Move from Sport mode to Track mode and some of the edginess disappears; power is split more evenly for a push-and-pull approach, resulting, ostensibly, in higher exit speeds. However, this is still about driving purity so one won't find a single button for the dampers, meaning that the GR Yaris is firm and deliberate out the box and every day of the week. This thing eats tarmac for breakfast, lunch and supper and doesn't shelter you away from that fact. The chassis is faithful to the point where you trust everything it does simply because there's no electronic filter between you and the feedback.

While all this is happening, the engine provides a rasping soundtrack with an enthusiastic bark that is well matched to its bite. Flatulent crackles and pops are less premeditated and slightly less artificial than the usual hot hatchback crowd and it buzzes and sings with rich motorsport pedigree.

A Yaris's interior isn't the most exciting starting point for a hot hatch but throw in some softly-cushioned bolstered seats and the mood changes very quickly. There are little patches of Alcantara where your hands rest and the pedals have grippy aluminum finishes, for the type of heel-and-toe driving that this car thrives on. There's also a very genuine FIA plaque that you won't find on the aftermarket scene.

Considering that this is a Yaris that has suddenly been handed double the horsepower, the driving position is surprisingly good when you want to give it a proper thrashing. And that goes for a lot of other things around the cabin; the step up from volume seller to this feral hatch is remarkably capable and controlled. Rather don't ask about rear-seat practicality – Toyota has enough of those types of cars already.

Toyota sees the GR Yaris as a vital brand builder. It wouldn't be all that unrealistic to think that due to Toyota's position as the largest motor corporation in the world, that Gazoo Racing could eventually become a household name in the performance game. If Toyota can copy and paste this formula to its other models, there will be no stopping them.

Pawan Dhingara

ASPARK'S SUPERBIRD

The new supercar from Japan is already making bold claims. Can it deliver?

"I own an Aspark Owl". This sounds like a response to a question about birdlife but in actual fact, it's the most unusual claim in the current supercar conversation. However, re-read that sentence because it tells you something significant – the Aspark Owl has finally gone on sale and there's even an official website where anyone can 'request to own an Owl'.

In the first and last owl analogy in this story, the fastest accelerating road-legal car is bound prey on other elite supercars and do so in complete, deadly silence.

Four years after being announced as a concept car at the Frankfurt Motor Show, the Japanese-built Aspark owl has started to prove its numerous critics wrong, although it still needs to deliver on those performance promises with the whole world watching.

Top of that list is its claim to be the fastest accelerating road-legal car. According to Aspark, it clocked a 0-60mph sprint time of 1.72sec at the Misano World Circuit, which puts it in the same league as a modern Formula One Car.

To produce such sizzling figures, the Aspark Owl has electricity flowing up and down its drivetrain. There is no V12 here, instead a 64kWh battery that generates 1985bhp and 1475lb/ft – it's about twice the power of a Formula One Car but at 1900kgs, also double the weight. These figures are almost identical to the ones released with the prototype so kudos to the team for sticking to their guns. Top speed shoots beyond 250mph and just like with the initial figures, range has remained at 280 miles but presumably not at these speeds.

Aspark's CEO Mansanori Yoshida told reporters: "It's a great honor for Aspark to be the first to announce this achievement, reached in a record time. When we first announced this project, no one believed it could have been done. It is true that we do not have a long history, but we are now completing what is the first Japanese electric hypercar."

Little else is known about the Aspark Owl; we're not even sure where the all-wheel-drive system is sourced from except to say 'an outside supplier.' We do know that around fifty Aspark Owls are expected to go on sale at a price of £2.5 million – roughly the same amount one might expect to pay for a McLaren Speedtail. And that might be Aspark's problem because would you rather say "I own an Aspark Owl" or "I own a Mclaren Speedtail?" Nevertheless, we're always rooting for the underdog as all eyes now turn to the stopwatch to see whether the Aspark Owl really is the fastest car to 60mph.

Pawan Dhingara

IS LESS ACTUALLY MORE?

Ordinary on the outside. Polarizing on the inside

Tesla is never quiet for long, except this time the wait isn't for a new car but instead an existing car that's had its brain rewired. This is the Model S which also happens to be the nameplate that catapulted Tesla to the front of the EV pack. In other words, it's a big deal despite its age. One doesn't mess with the brand's flagship without making sure the upgrades are entirely worth it, and in true Elon fashion, stir up some controversy in the process.

Let's start with the most controversial part. In a bid to reduce nearly everything inside the cabin, the Model S made its public debut with a steering wheel that looks more like the control sticks on a light aircraft. There will be no arm resting atop this wheel because it has gone from circular-shaped to U-shaped and raised some chin-scratching questions in the process. Is this Elon just being Elon or is there some tangible benefit here that us ordinary mortals can't yet see? A clearer view to the dials is one counterargument but how often have you grabbed the top half of the wheel during a parallel park? Let's not even try to imagine the consequences of doing a drift and grabbing a fist of fresh air at the most crucial moment.
Of course, Elon believes that cars will be making these difficult parking maneuvers by themselves and therefore a traditional steering wheel is unnecessary. This is also the explanation for the lack of steering control stalks because according to Elon, the car will anticipate and perform these decisions for you. On Twitter Elon Musk was quick to defend, "No more stalks," he said. "Car guesses drive direction based on what obstacles it sees, context & nav map. You can override on the touchscreen."

Whatever the case, this hasn't been entirely confirmed for the production version but it is a long way further than normal concept designs dare to go. Elon isn't the type of guy who goes along with tradition, or rules, so the polarizing wheel might still be a strong reality. Will it be a gamechanger? Probably not.

While the decision on the wheel is uncertain, we know quite a lot about the new Model S. New wheel designs - of the rolling kind - are available, the front bumper has been redesigned as well as the rear diffuser. Tesla's unique portrait screen has been flipped through 90 degrees to landscape and besides this extra computing power, it'll now be far more compatible with next-gen apps and games. The latter was more likely to be played on the new rear screen.

There are three new derivatives of Model S – all of them fast. Really fast, like 0-60mph in 3.1 seconds in the version that supposedly focuses more on achieving maximum range. Then there's Tesla's new Plaid version which pumps the power up to 1020hp and is good for 0-60mph in 1.99 seconds. Remember Tesla's roadster prototype? This is nearly as fast but in a sedan. The Plaid Plus notches the power up again to 1100hp, will do quarter-mile in under 9 seconds, manage 200mph and have a range of around 530 miles.

However, good as these figures are, the EV world has been leveled considerably since the Model S was launched. Back then there was no Porsche Taycan, for instance. Rather than relying on performance alone, Elon now needs to bet on the bespoke Tesla supercharger network and the half-moon steering wheel to be the compelling difference.

Pawan Dhingara

HIS EATERY

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With the state of current affairs, everyone is still trying to keep their distance and going out to eat might not be as appealing as it once was. No worries, now's the time to whip out the ingredients and call upon your inner chef and get cooking and here are some awesome recipes straight from the kitchen of our fantastic food editor to get you started!

By Izelle Hoffman

TEA AND PEAR OATS

Prep time: 5 minutes
Cooking time: 10–15 minutes
Servings: 2

Ingredients

- 1 cup freshly brewed vanilla-flavored tea
- 1 cup unsweetened almond milk
- 1 cup gluten-free rolled oats
- 1 can unsweetened pear halves, drained and rinsed
- ½ tsp salt
- ½ tsp ground cinnamon
- 1 heaped tsp almond butter
- 1 tbsp vanilla essence
- 1 tbsp caramel essence
- 1 tbsp raw honey
- fresh mint for garnishing

Instructions

Allow the tea to brew for about 10 minutes while cooling off.

Heat the almond milk in a large saucepan over medium heat to about the same temperature as the tea. Add the tea to the milk and then stir in the oats.

Add the pears, salt, cinnamon, almond butter, vanilla essence, caramel essence, and honey, and simmer for 10 to 15 minutes or until the mixture starts to thicken.

Garnish with fresh mint and serve immediately while lovely and warm.

Note: If vanilla-flavored tea is unavailable, you may use plain tea, although the vanilla does add a certain "wow" factor.

APPLE CRUMBLE OVERNIGHT OATS

Prep time: 10 minutes
Refrigeration time: Ideally overnight
Servings: 2

Ingredients

- 1 cup gluten-free rolled oats
- 2 cups unsweetened almond milk
- 1 tbsp melted almond butter
- 1 tbsp raw honey
- ½ tsp salt
- ½ tsp ground cinnamon
- 2 tsp caramel essence

Toppings

- sliced fresh apple
- raisins
- ground cinnamon
- toasted flaked almonds
- raw honey

Instructions

In a mixing bowl, combine all of the ingredients and refrigerate overnight to set.

Serve the next day topped with apple, raisins, cinnamon, toasted flaked almonds and a drizzle of honey.

Note: Replace the apple slices with fresh blueberries or strawberries for another variation.

QUINOA AND CHICKPEA HASH BROWNS

Prep time: 10 minutes
Cooking time: 10 minutes
Servings: 6 to 8 hashbrowns

Ingredients

- 1 cup cooked quinoa
- 1 can chickpeas, drained, rinsed and pulped
- 1 small red salad onion, diced
- 1 tsp dried parsley
- 1 tsp chopped fresh ginger
- 1 tsp crushed garlic
- 1 tsp salt
- ½ tsp ground black pepper
- ¼ tsp chili flakes (optional)
- 2 tbsp raw honey
- 1 handful of chopped fresh cilantro
- 2 eggs, whisked
- 2 tbsp almond flour
- 2 tbsp olive oil
- poached eggs, Viavi avocados and fresh rocket for serving

Instructions

Combine the cooked quinoa, chickpeas, onion, parsley, ginger, garlic, salt, pepper, chili flakes (if using), honey and cilantro in a mixing bowl.

Add the whisked eggs and mix well, then add almond flour until you reach your preferred consistency.

Using your hands, form the mixture into hash browns of whatever size you prefer.

Heat the olive oil in a frying pan and cook the hash browns on both sides until brown and crisp – about 10 minutes. Be careful, as they will only start firming up properly once cooked and cooled.

Serve with poached eggs, avocado and fresh rocket.

Note: You can use these hash browns as vegetarian burger patties too.

QUICK AND EASY CREAMY AVO FONDUE

Prep time: 5min
Cooking time: 10-15min
Servings: 2

Ingredients

- 2 cups unsweetened almond milk
- 1 avocado, mashed
- 1 can of butterbeans rinsed, drained and mashed
- 1 tsp salt
- 1 tsp ground black pepper
- 2 tsp crushed garlic
- 2 tbsp raw honey
- 2 tsp oregano
- 1/2 tsp chili flakes
- hot water as needed

Instructions

Make use of a medium pot and prepare with a nonstick spray.

Pour the almond milk in the pot, add the mashed avocado and mashed butterbeans and stir well.

Add the rest of the ingredients and allow to heat up till it starts to boil - this can be done on the stove or even the barbeque!

Turn the temperature down and allow to simmer for a few minutes before serving.

One can adjust the thickness as desired by adding boiling hot water.

Ideal to store in the fridge, just add a bit of boiling water when reheating and allow to simmer for a few minutes.

Serve with chicken strips, wings or drumsticks, beef strips, meatballs, roasted cauliflower florets, breadsticks, jerky or any other savory biscuit of your choice.

ASIAN-STYLE CHICKEN

Prep time: 10 minutes
Cooking time: 45 minutes
Servings: 4 to 6

Ingredients

- 2 large spring onions, diced
- 1 small red bell pepper, deseeded and diced
- 1 small yellow bell pepper, deseeded and diced
- 1 small green bell pepper, deseeded and diced
- 6 chicken fillets or 9 drumsticks and thighs
- 2 tbsp olive oil
- ¼ cup hot water
- chopped fresh cilantro and spring onion for garnishing

Marinade

- juice of 1 lime
- ¼ cup of soy sauce
- 2 tbsp raw honey
- 2 tbsp olive oil
- ½ tsp crushed garlic
- 1 heaped tbsp sesame seeds
- ½ tsp salt
- ½ tsp ground black pepper
- ½ tsp crushed ginger (optional)
- 1 handful of chopped fresh cilantro

Instructions

Preheat the oven to 395F (200C) and spray an ovenproof dish with nonstick cooking spray.

Spread the diced spring onions and bell peppers on the base of the greased dish.

Brush the chicken pieces with the olive oil and place on top of the onions and peppers.

Pour the hot water around the chicken.

Mix the sauce ingredients in a small bowl and pour over the chicken pieces.

Cover with foil and bake for 30 minutes, then remove the foil and bake uncovered for a further 15 minutes, occasionally basting the chicken pieces with the sauce in the dish.

Garnish with chopped fresh cilantro and spring onion before serving.

Ideal with a side salad, roast vegetables, and basmati rice or quinoa, and long-stem broccoli florets, of course.

LAURA *Roberts*

Model | @lawz_ink_nz
Photographer Matt Barnes | @mattbarnesphotography | www.mattbarnes.co.nz
MUA Amber Smithers | @amber_makeup

Lingerie @solsticeinlimates

Happy to have you featured on FHM! Tell us what are some of the things you did to prepare for this shoot? Hey guys thanks for having me! Besides being made all pretty by a number of awesome people...flying across New Zealand to New Plymouth from Christchurch to shoot with the amazing Matt Barnes!

You've got an amazing figure and beauty about you, we're keen to know what you would say is your favorite physical feature about yourself and why? My blue eyes? Hmmmm definitely my boobs hahaha..all though I'm still wanting to go bigger than this.

Being a glamorous model must have it's perks, what are some of your most memorable experiences in your career? I've actually only recently gotten back into modeling, so definitely featuring in FHM! This is definitely up there.

What would you say sets you apart? I'm a wild child with a heart of gold. I'm the kind of girl who's not afraid to get dirrty or break a nail.

On the topic of men, what were the complete best, and worst first impressions you've got on a first date? The best was meeting the man of my dreams at BP gas station haha! First and only guy I have ever met on Instagram. He pulled up in the same car as mine - except he was silver and mine is white. It's safe to say he's the one and has never left. Hmm bad first dates...

I'm really struggling with this question! I don't think I can even remember hahahaha they were so bad I probably got blind drunk and ran away.

What would you say is the most surprising thing about you that not many people know? I have a tattoo on my tongue.

If you had to choose, would you say money and wealth determines success, or is it one's personal achievements and happiness? 100% personal achievements and happiness. Money can't buy happiness... although it can help, haha!

On a more personal level and in an ideal world, where do you see yourself in five or ten years; time in terms of family life, career, or both? Living on a farm with my horses and family or by the sea. I want to travel the world and I hope my modelling career helps take me there. I'd love to make modeling a full-time job and be on the covers of a ton of magazines around the world..

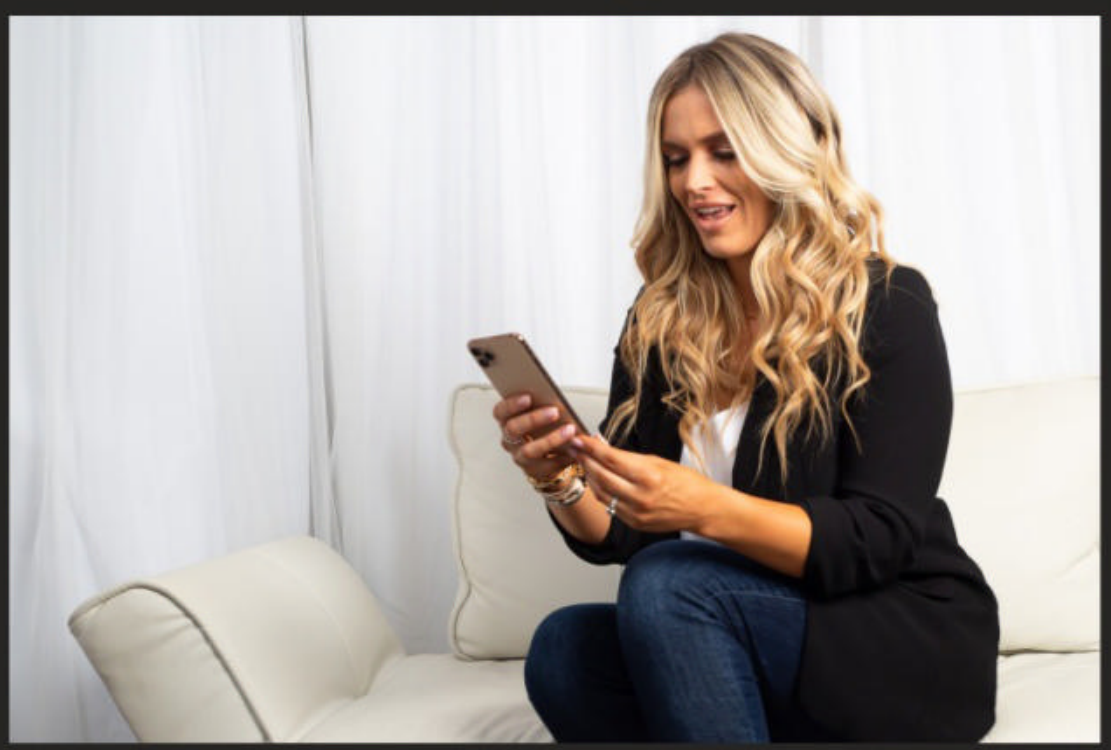
2020 was a challenging year for us all, what advice would you give to other models or aspiring models out there in light of all the challenges faced? Always be yourself! Not who the world wants you to be. Be yourself and if you get setbacks keep trying and never give up! Never compare yourself to other models on Instagram - you are just as beautiful! 2020 was a shitty year but it's 2021, a fresh year. Smash your goals! Live for today as tomorrow is never promised.

Any final words to our readers on what to expect from you this year? You can expect to see a lot more of me! Just with bigger boobs.

Real Estate's Hottest AGENT!

Katie Garrison has seen her success over the past few years go to new heights ever since she switched from modeling and selling cars to homes. Now, Katie and her team in Nashville, Tennessee, are one of the top agencies across the country, seeing more returns and homes sold than others.

We talk to Katie about the market, being a woman in real estate, and just what she does after getting hit on while out on the job...

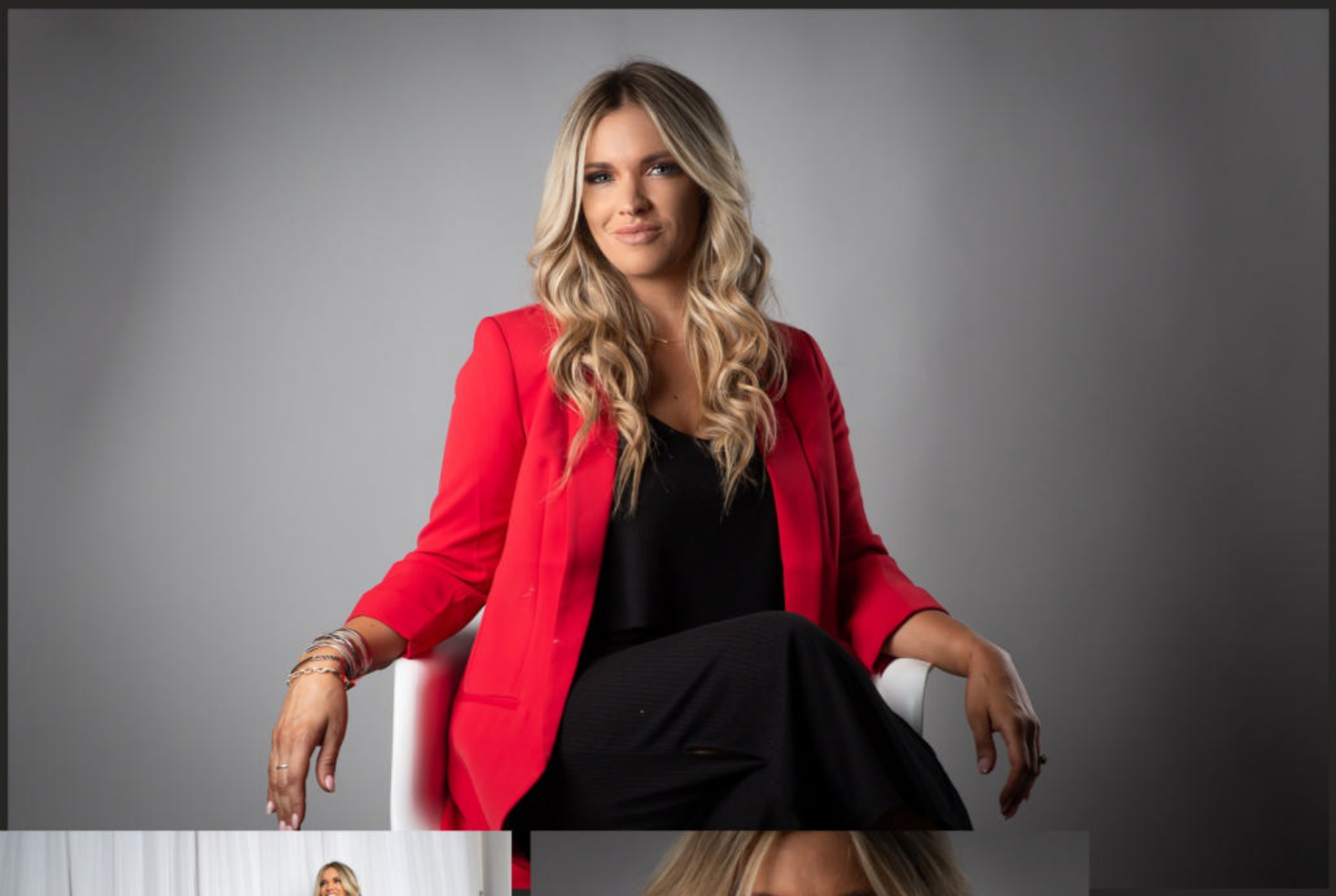


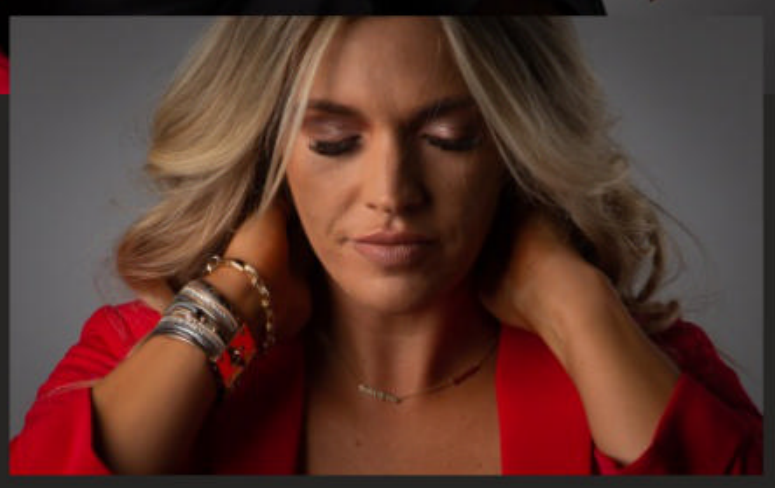
Why did you originally decide to pursue a career in real estate? What kind of real estate do you handle? When I first started in sales, I sold Dodge vehicles! I enjoyed negotiating and the high from a sale. I worked long hours at the dealership but knew sales was definitely something I wanted to continue to pursue. Going into real estate gave me the freedom to create my own schedule. I love handling residential real estate because watching a family light up when they find their perfect home to grow in, makes it all worth it!

Prior to your real-estate career, you were modeling... how have you taken what you learned as a model into your career in real estate? To be a top-producing real estate agent and model you have to have great work ethics. Being on time, making smart decisions, and strong work ethics will always put you on top. Also, having an engaging personality helps. You sell yourself to your clients in both real estate and modeling.

Are you ever nervous being a woman and showing houses to strangers sometimes? This is always something in the back of all real estate professionals' minds at some point. Being able to protect yourself physically or with a firearm is a must. There are also other steps to take to stay safe at showings. I always have a new client send a picture of their id first before showings. I pass their id along to my broker who I check in with as soon as I arrive and leave from a showing. Some other precautions I do is I never have my back to the clients or an open drink/food lying around.

Have you ever been hit on by someone while out on the job? I think any strong, powerful woman gets hit on at some point in their





careers. You just have to stay professional. Then go home later that evening and have a good laugh with your husband about it!

What is your advice to others wanting to get into real estate? The best advice I could give is to find a mentor in the field and learn all you can from them! Set goals and start building your network as soon as possible! The first year of your real estate career will be a roller coaster of emotions. Just stay positive and hustle as hard as you can before throwing in the towel.

With COVID-19, the real estate market is hot all over! What are your tips to people looking at relocating to new areas or selling their homes? Now is the time! Rates are at record lows for buyers and prices are at record highs for sellers! It's a win-win for everyone!

How important is social media these days with marketing and selling a home? Social media is the best way to advertise yourself and generate leads. It provides instant engagement with prospects and is a super cost-effective way for all levels of agents!

What do you feel sets you apart from other realtors? I treat my clients like family every step of the way. Having their best interest in mind is my #1 goal.

What is a motto you live life by? "If you aren't making someone else's life better, then you're wasting your time. Your life will become better by making other lives better."

Beyond real estate, what do you like to do / will we ever see you modeling again? If I'm not selling homes, then most likely I'm boating with friends & family! There's nothing like a day on the lake! You will have to wait and see about the modeling!

What is your ultimate goal for the future? Gosh, there's so many! One of my ultimate goals would be doing work for HGTV. I love all things real estate and design so this would be right up my alley!

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